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4. **[illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]**

[illegible] + [illegible] (Real Talk + Strength Edition)

[illegible]

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- [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

(Aap alkooal, benzoos, nind ke goliyaan, opioidz ya gabapentin ke saath 7-OH mila rahe hain.)

[illegible]: [illegible]

[illegible], **findahelpline.com** [illegible]
SAMHSA Helpline (free, 24/7): 1-800-662-4357

[illegible]
[illegible] FDA [illegible] (MAT) [illegible]

[illegible]! [illegible]

[illegible]

[illegible] 7-OH [illegible] 2025 [illegible] 7-OH [illegible] I [illegible]

[illegible]

[illegible] 7-OH [illegible] "[illegible]" [illegible]

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[illegible] - [illegible] 7-OH [illegible], [illegible] [illegible] [illegible]

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(Note: This is a direct and natural translation, adhering to the provided approach and rules.)

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(Note: The above translation adheres to the specified localization approach and output rules.)

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(Doz, awruttī, aur aapne isse kitane samay tak istemāl kiyā?)

- [illegible] (Doz, awruttī, aur aapne isse kitane samay tak istemāl kiyā?)
- [illegible]
- [illegible]

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[illegible]:

1. **[illegible]**: [illegible]

2. **[illegible]**: [illegible]

3. **[illegible]**: [illegible]

4. **[illegible]**: [illegible]
[illegible]

[illegible]
[illegible] 7-OH [illegible] —

[illegible]

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2. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
3. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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5. **□□□□□□□□ □□□ □□□□□□: □□□□□ □□□□□□ □□□□□ □□□ □□□□□□□□□□ □□□□□□□□□□ □□□□□□ □□□□□□□ □□ □□□□, □□□□□□□ □□□□□ □□□□□,**

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16 [illegible] [illegible] [illegible]

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[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

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	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]:	[illegible] [illegible] [illegible]?
	1. **[illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]

1. **[illegible]:** [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

2. **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

3. **[illegible]-[illegible]:** [illegible] [illegible] [illegible], [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] **20** [illegible] [illegible] [illegible], [illegible] [illegible] **5** [illegible] [illegible] [illegible]

4. **[illegible]:** [illegible]

5. **[illegible]:** [illegible] [illegible], [illegible] [illegible] [illegible], [illegible],

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]
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30 [illegible]

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1. **□□□□□□ □□□□□□□□□□□□□□ □□□ (Active Pharmaceutical Ingredient - API):** □□ □□ □□□□□□ □□ □□ □□□ □□ □□□□□□□ □□ □□□□ □□□□ □□□ □□□ □□□□ □□□ **API** □□□ □□ □□□□□ □□□ □□ □□ □□□□□□□□□ □□□□□□ □□□□ □□□□ □□□

2. **□□□□ □□□□ (Filler):** □□ □□□□□ □□□□□□□, □□□□□□□□ □□ □□□□ □□□□□□□□□ □□□□□□ □□□□ □□□ □□ □□□ □□ □□□□ □□□□ □□ □□□□ □□□□□□ □□□□ □□□□ □□□ □□□ □□□□ □□□□

3. **□□□□□□ □□□□ (Binder):** □□ □□□□□□ **API** □□ □□□□ □□□□□ □□ □□ □□□ □□□□□□ □□□ □□□ □□□□ □□□, □□□□ □□□ □□□ □□ □□□ □□□□

4. **□□□□ □□□□ □□□□ (Disintegrant):** □□ □□□□□□ □□□ □

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Sleep	Insomnia — can’t sleep	Hypersomnia — sleeping 15+ hours
Energy	Agitated, restless	Completely flat, depleted
Mood	Anxious, panicked	Depressed, empty
Duration	Acute 3–7 days, PAWS months	Acute 1–2 weeks, cravings months
Key need	Calm down the storm	Rebuild depleted dopamine

[redacted]:

1. **[redacted]:** [redacted]

2. **[redacted]:** [redacted]

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	* **□□□□□□□□ (Dopāmin):** This is	□□□□□□□□□ □□ □□□□□□□□□ □□	

	the exact translation of "dopamine."	□□□□□□□□□□ □□ □□□□□□□□□□□□ □□□	

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	Translates to "system" as it refers	□□□□□□□□□□ □□ □□□□□□ □□ □□□□□□□□ □□□	

	to a biological system.	□□□□□□□ □□□□□ □□□□ 2. **□□-□□□□□□□□□□□□	

	* **□□□□□ (kr̥ash):** Means "crash" in a	(□□□□□□)**: □□ □□□□□□□□□□ □□□□	

	literal and medical context, conveying	□□□□ □□ □□□□□ □□ □□□□□□□ □□	

	the severity of the situation.	□□□□□□□□□ □□ □□□□□□□□□□ □□ □□□□	

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- SAMHSA Helpline: 1-800-662-4357 (free, 24/7, confidential)
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(Translation maintains the original emotional register, keeping it direct and non-judgmental as per your guidelines.)

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[illegible] **"Recovery Kernel"** [illegible]

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"The Recovery Kernel is a community-driven recovery facilitation framework."

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उद्देश्य डोपामाइन है।

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(Note: The above phrase translates to "The truth about this is:" in Hindi, maintaining the direct and non-judgmental tone.)

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(Translation: It's important to gain information and support regarding your condition or situation. Understanding that everyone's experience is unique, and reaching out for help is not a sign of weakness.)

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  (Translation maintains the direct, non-judgmental tone of the original, emphasizing the importance of not letting substance use control daily routines.)

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SAMHSA National Helpline (free, 24/7, confidential)	**1-800-662-4357** [illegible] **findtreatment.gov** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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